

SPICE + LEAF



Tzatziki Yogurt Dip

by Debbie Kornberg

This refreshing Greek dip is a wonderful addition to any meal!

(Serves 4-6)

INGREDIENTS:

3 Tablespoons SPICE + LEAF Tzatziki Seasoning Mix

1/2 cup plain yogurt

1/3 cup of sour cream or labne (yogurt kefir cheese, probiotic)

1/2 peeled cucumber, peeled & chopped finely

1/4 teaspoon fresh mint chopped, optional

DIRECTIONS:

1. Peel cucumber and chop finely.
2. Combine plain yogurt, labne, chopped cucumber, and Tzatziki. Blend well.
3. Blend mint into dip if desired and serve with your favorite vegetables, pita bread or crackers.

Other Delicious Options:

Serve Tzatziki Dip on the side of salmon

Enjoy and Spice On!

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